

## Sesame Steaks

**These grilled steaks are bursting with flavor!**



"There's enough flavor in these steaks to allow the side dish to be simple. So consider serving them with baked potatoes, rice pilaf or another plain vegetable and salad. The meal has always gone over big when I've fixed it for my husband and friends helping out with his latest home construction project."

-- Elaine Anderson, Aliquippa, Pennsylvania

You Will Need

- 1/2 cup soy sauce
- 2 tablespoons brown sugar
- 2 tablespoons vegetable oil
- 2 tablespoons sesame seeds
- 2 teaspoons onion powder
- 2 teaspoons lemon juice
- 1/4 teaspoon ground ginger
- 4 T-bone steaks (about 1 inch thick)

What to Do

1. In a large resealable plastic bag or shallow glass container, combine the first seven ingredients; mix well.
2. Add steaks and turn to coat. Cover and refrigerate for at least 4 hours. Drain and discard marinade.
3. Grill steaks, uncovered, over medium heat for 5-7 minutes on each side or until meat reaches desired doneness (for rare, a meat thermometer should read 140°F; medium, 160°F; well-done, 170°F).

Serves: 4

## Miniature Meat Pies

**These savory bites make a filling main dish.**

**These cute little bites of flaky dough are stuffed with a delicious ground beef mixture.**

Preparation time: 30 minutes

Cooking time: 15 minutes

You Will Need

- 1 pound ground beef
- 1/2 cup chili sauce
- 1 envelope onion soup mix
- 1/4 teaspoon salt

***Dough:***

3 cups all-purpose flour  
1 to 2 tablespoons sesame seeds, optional  
1-1/4 teaspoons salt  
1 cup shortening  
3/4 cup shredded cheddar cheese  
3/4 cup evaporated milk  
1 tablespoon cider vinegar

**What to Do**

1. In a skillet, over medium heat, cook beef until no longer pink; drain. Stir in chili sauce, soup mix and salt; set aside.

2. In a bowl, combine flour, sesame seeds if desired and salt. Cut in shortening and cheese until crumbly. Combine milk and vinegar; gradually add to flour mixture, tossing with a fork until dough forms a ball. Divide dough in half; roll out to 1/8-in. thickness. Cut with a 2-1/2-in. round cutter.

3. Place half of the circles 2 in. apart on ungreased baking sheets. Top each with about 1-1/2 tablespoons of beef mixture; cover with remaining circles. Moisten edges with water and press with a fork to seal. Cut a slit in the top of each. Bake at 425°F for 12-16 minutes or until golden brown. Serve immediately; or cool, wrap and freeze for up to 3 months.

To use frozen meat pies: Place on an ungreased baking sheet. Bake at 425°F for 14-16 minutes or until heated through.

Serves 9

## **Meat Sauce for Pasta**

**You can make multiple pasta dinners with this delicious sauce.**

**Freeze a batch of this chunky sauce for any occasion. It easily defrosts, and is ready for a hearty meal in no time.**

**Preparation time: 20 minutes**

**Cooking time: 60 minutes**

**You Will Need**

2 pounds bulk Italian sausage or ground beef  
1 large onion, chopped  
2 cans (15 ounces *each*) tomato sauce  
2 cans (14-1/2 ounces *each*) diced tomatoes, undrained  
2 cans (4 ounces *each*) mushroom stems and pieces, drained  
1/2 cup minced fresh parsley  
2 teaspoons garlic salt  
1 teaspoon dried oregano  
1/2 teaspoon *each* dried basil, chili powder and pepper  
2 bay leaves  
Hot cooked pasta

**What to Do**

1. In a Dutch oven, cook meat and onion over medium heat until meat is no longer pink; drain. Add the tomato sauce, tomatoes, mushrooms, parsley and seasonings. Bring to a boil. Reduce heat; cover and simmer for 45 minutes, stirring occasionally.

2. Uncover; simmer 15 minutes longer or until sauce reaches desired consistency. Discard bay leaves. Freeze in meal-size portions.

To use frozen meat sauce: Thaw in the refrigerator overnight. Place in a saucepan; heat through.

Serve over pasta.

Serves 14

## Marinated Flank Steak

**Pineapple juice, soy sauce, and honey are used as a marinade for this flavorful steak**

This mouthwatering flank steak recipe can also be made with other beef cuts. Recipes for grilled porterhouse, tenderloin, and sirloin variations can be found below.

Prep time: 10 minutes plus marinating time

Cooking time: about 15 minutes plus standing time

### You Will Need

3/4 cup pineapple juice  
2 cloves garlic, peeled  
1/4 cup soy sauce  
One 1 1/2-inch cube ginger, peeled  
1 medium-size jalapeño pepper, halved, cored, and seeded  
1/4 cup honey  
2 tablespoons vegetable oil  
1 3/4 pounds flank steak, well trimmed

### What to Do

1. Puree all ingredients except steak in a food processor. Pour marinade into a large self-sealing plastic bag, add steak, seal, turn to coat well, and refrigerate 5 hours or overnight.
2. Preheat the grill or broiler. Remove steak from marinade, pat dry on paper towels, and grill over moderate coals or broil 4 inches from the heat until steak is the way you like it -- 5 to 6 minutes on each side for medium-rare and 6 to 7 minutes for medium. Flank steak cooked beyond medium will be tough. Let stand about 10 minutes, then, starting on the shorter side of the steak, slice on the bias and across the grain as thin as possible.

Serves: 4

Per serving: Calories 363; total fat 18 g; saturated fat 7 g; protein 42 g; carbohydrate 6 g; fiber 0 g; sodium 170 mg; cholesterol 104 mg

### Variations:

#### Grilled Porterhouse

Prepare as directed, using the following marinade: 1/4 cup balsamic vinegar, 2 peeled cloves garlic, 1 cup tightly packed fresh basil, 1/2 teaspoon salt, 1/2 teaspoon black pepper. Substitute 1 (1 1/4-inch-thick, 1-pound 10-ounce) porterhouse steak for flank steak.

#### Grilled Tenderloin

Prepare as directed, using the following marinade: 1/4 cup red wine vinegar, 2 peeled whole shallots, 2 tablespoons olive oil, 1/2 teaspoon salt, 1/2 teaspoon black pepper. Substitute 4 (1 1/4-inch-thick, 1/2-pound) tenderloin steaks.

#### Rubbed Sirloin

Substitute this dry rub for marinade: 2 tablespoons ground cumin, 3 minced cloves garlic, 1 teaspoon salt, 1/2 teaspoon cayenne, 1/2 teaspoon dried oregano. Rub on both sides of 4 (1/2-inch-thick, 5-ounce) sirloin steaks and grill 4 minutes on each side for medium-rare.

## Make-Ahead Sloppy Joes



**A time-honored favorite for now or later.**

**Delicious sloppy joes that can be ready to eat in under an hour, or saved for as long as 3 months in your freezer!**

**Preparation time: 30 minutes**

**Cooking time: 35 minutes**

**You Will Need**

- 1 pound bulk pork sausage**
- 1 pound ground beef**
- 1 medium onion, chopped**
- 14 to 16 sandwich buns, split**
- 2 cans (8 ounces each) tomato sauce**
- 2 tablespoons prepared mustard**
- 1 teaspoon dried parsley flakes**
- 1 teaspoon garlic powder**
- 1 teaspoon salt**
- 1/4 teaspoon pepper**
- 1/4 teaspoon dried oregano**

**What to Do**

- 1. In a skillet, brown sausage, beef and onion. Remove from the heat; drain. Remove the centers from the tops and bottoms of each bun. Tear removed bread into small pieces; add to skillet. Set buns aside.**
- 2. Stir remaining ingredients into sausage mixture. Spoon about 1/3 cupful onto the bottom of each bun; replace tops. Wrap individually in heavy-duty foil. Bake at 350°F for 20 minutes or until heated through or freeze for up to 3 months.**

To use frozen sandwiches: **Bake at 350°F for 35 minutes or until heated through.**

**Serves 14-16**

## Flavorful Swedish Meatballs

**A delicious mixture of ground beef and pork make these moist meatballs the perfect addition to any gravy, stew, or pasta dish**

**Enjoy them prepared in a creamy gravy or freeze and use them later to accent pasta, soups, and stews.**

**Preparation time: 20 minutes**

**Cooking time: 20 minutes**

**You Will Need**

**2 eggs, slightly beaten  
1/4 cup ketchup  
3/4 cup dry bread crumbs  
2 tablespoons dried parsley flakes  
2 tablespoons Worcestershire sauce  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon pepper  
1/2 teaspoon salt  
1/2 teaspoon chili powder  
2 pounds ground beef  
1 pound ground pork**

***Additional Ingredients (for each batch)***

**1 envelope brown gravy mix  
1/2 cup sour cream  
Dash *each* nutmeg and pepper  
Hot cooked noodles**

**What to Do**

- 1. In a bowl, combine the first 10 ingredients. Crumble meat over mixture and mix well. Shape into 1-in. balls (about 6 dozen).**
- 2. Place in a single layer in ungreased 15x10x1-inch baking pans. Bake at 400°F for 20 minutes or until no longer pink, turning often.**
- 3. Cool. Place about 35 meatballs each into freezer containers. May be frozen for up to 3 months.**

**To use frozen Swedish meatballs: Completely thaw in the refrigerator. In a large skillet, prepare gravy according to package directions. Add meatballs; cover and cook for 10 minutes or until heated through. Remove from the heat; stir in the sour cream, nutmeg and pepper. Serve over noodles.**

**Serves 7**

## **Garlic Grilled Steaks**

**Change it up with these great-tasting grilled garlic steaks.**



"For a mouthwatering change of taste at your next barbecue, take steak to new flavor heights by basting your choice of cuts with a great garlicky blend that requires just minutes to fix. "  
-- *Taste of Home* Test Kitchen

**You Will Need**

10 garlic gloves

- 1 1/2 tablespoons salt
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon pepper
- 4 New York strip or rib eye steaks (8 ounces each and 1 1/4 inches thick)

**What to Do**

1. In a small bowl, mash garlic with salt to form a paste. Add the oil, lemon juice, Worcestershire sauce, and pepper; mix well.
2. Grill the steaks over medium-hot coals, turning once or until meat reaches desired doneness (for rare, a meat thermometer should read 140°F; medium, 160°F; well-done, 170°F).
3. Brush with garlic mixture during the last few minutes of cooking.

Serves: 4

## Down Home Beef Stew

**Pass on the comfort of home with this hearty stew.**

**You Will Need**

- 1 pound beef stew cubes
- 2 tablespoons flour
- 1 tablespoon vegetable oil
- 1 package oxtail soup mix
- 4 cups cold water
- 2 cups fresh or frozen baby whole-style carrots
- 2 medium potatoes, cut in eighths
- 4 cups fresh or frozen mixed vegetables (e.g. sliced onion, diced celery, peas and cut green beans)

**What to Do**

1. Coat beef cubes with flour. Brown in hot oil over medium high heat while stirring. Drain fat. Add soup mix and stir. Add water and bring to a boil, stirring constantly. Simmer, covered, on stove or in 325°F oven for at least 1 1/2 hours. Add vegetables, except peas, cover and cook until tender, about 25 minutes.
2. Add peas and cook 5 minutes longer. Serve over noodles or with dumplings or toast. If using frozen vegetables, add during the last 15 minutes of cooking time.

*Time saver:* Make up large batches of this stew and freeze in family-size portions. These can easily be defrosted and reheated for a meal in minutes that tastes like it took hours to prepare.

Serves: 4-6

## Berry Nice Brisket

The addition of cranberry to this hearty entree makes it perfect for autumn.

*Cranberry juice and cranberry sauce make this brisket tender and tasty.*

-- Carol Hunihan, Alamosa, Colorado

### You Will Need

1/4 cup all-purpose flour  
1 can (14-1/2 ounces) beef broth  
1 can (16 ounces) whole-berry cranberry sauce  
1 cup cranberry juice  
3 garlic cloves, minced  
1 tablespoon minced fresh rosemary or 1 teaspoon dried rosemary, crushed  
1 large onion, thinly sliced  
1 fresh beef brisket (3 to 4 pounds)  
1/2 teaspoon salt  
1/4 teaspoon pepper

### What to Do

1. In a bowl, combine the flour and broth until smooth. Stir in the cranberry sauce, cranberry juice, garlic and rosemary. Pour into a large roasting pan. Top with onion slices. Season the brisket with salt and pepper; place fat side up in the pan. Cover and bake at 350° for 3 to 3-1/2 hours or until meat is tender, basting occasionally.
2. Remove brisket to a serving platter and let stand for 15 minutes. Thinly slice meat across the grain; serve with onion and pan juices.

Serves 12

**Note:** This is a fresh beef brisket, not corned beef. The meat comes from the first cut of the brisket